



**PRIST**  
DEEMED TO BE  
**UNIVERSITY**  
NAAC ACCREDITED  
THANJAVUR - 613403 - TAMILNADU

CIRCULAR

SCHOOL OF ARTS AND SCIENCE

DEPARTMENT OF ENGLISH

Date: 22.07.2020

It's here by informed that the Department of English is going to conduct Life skill development programme - titled 'Self awareness' through online mode on 24.07.2020. We cordially invite you all.

**Venue:** Online

**Time:** 02.00.PM

**Resource person:** Dr.R.Iniyavan, Associate professor of English,  
PRIST Deemed to be University

**Place:** Thanjavur

*K. Srinivas*  
HOD

*Devi*  
Dean

Dean  
School of Arts & Science  
Ponnayyah Ramajayam Institute of  
Science & Technology (PRIST)  
Deemed to be University  
Vallam, Thanjavur - 613403.



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THANJAVUR - 613 403 - TAMILNADU

**DEPARTMENT OF ENGLISH**  
Cordially invites you for the

**Life Skill Development Programme-**

**SELF AWARENESS**

**on**

**24.07.2020**

**Time: 02.00.PM**

**Venue: Online**

**RESOURCE PERSON**

**Dr.R.Iniyavan, Associate professor of English**

**PRIST Deemed to be University**

**PRESIDENTIAL ADDRESS**

**Dr.L.Chinnappa, Dean of Arts and Science,**

**PRIST Deemed to be University**

**With Warm Regards**

**Head, Department of English**

*F. Pritha*  
**HOD**

**Department of English  
Ponnalyah Ramajayam Institute of  
Science & Technology (PRIST)  
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Vallam, Thanjavur - 613 403.**

*L. Chinnappa*  
**Dean**

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**SCHOOL OF ARTS AND SCIENCE**  
**DEPARTMENT OF ENGLISH**

**Programme Name:** - Life Skill Development programme –‘Self awareness’

**Programme Date:** 24.07.2020

**Time:** 02.00.PM

**Venue:** PRIST- Block, Seminar hall.

**Dignitaries on Dais**

Dr. L. Chinnappa, Dean School of Arts and Science

Dr.R.Iniyavan, Associate professor of English, PRIST Deemed to be University

K.Shibila, Head the Department of English, Deemed to be University

**REPORT OF THE PROGRAMME:**

The programme began with the invocation followed by the welcome address by Dr.KShibila, Head the Department of English. Dr.R.Iniyavan, Associate professor of English, PRIST Deemed to be University was the resource person. The programme intended to ‘Self awareness’ needs among students. Resource person brought out the session to the care of one’s own body and include: washing, bowel and bladder management, dressing, eating, personal hygiene, grooming, and sleep. And he gave some tips to get started with self-care such as get regular exercise, eat healthy, make sleep a priority, try a relaxing activity, set goals and priorities, Practice gratitude, focus on positivity and stay connected. 168 students actively participated in the activities. Dr.E.Geetha, Assistant professor of English, gave a vote of thanks.

*K. Shibila*

**HOD**

Department of English  
Ponnaiyah Ramajayam Institute of  
Science & Technology (PRIST)  
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Vallam, Thanjavur - 613 403.

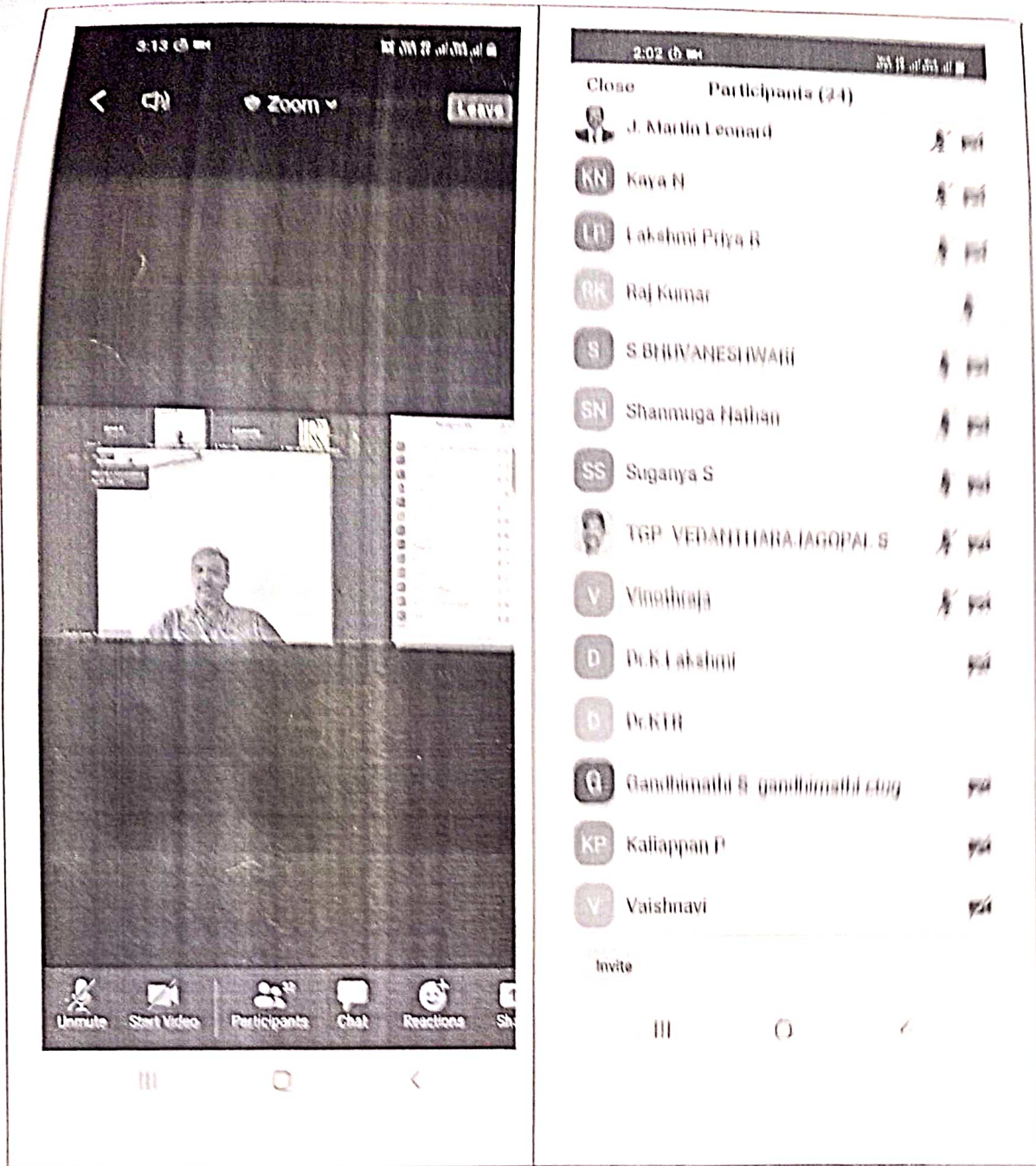
*Dr. L. Chinnappa*

**Dean**

**Dean**

School of Arts & Science  
Ponnaiyah Ramajayam Institute of  
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**LIFE DEVELOPMENT PROGRAMME –  
SELF AWARENESS-2020 - 2021**



*F. Stella*

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*Shan*

**Dean**

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Requisition Letter

Thanjavur,

02.02.2021

From

Head, Department of English,  
PRIST Deemed to be University,  
Thanjavur.

To

The Registrar  
PRIST Deemed to be University,  
Thanjavur.

*Permission.  
Granted*

Respected sir

Sub: Requesting Permission to conduct "Life Skill development programme reg.

Department of English has intended to organize Life skill development programme -  
titled 'How to be a Pessimistic person' through online mode on 05.02.2021 for the academic year  
2020 - 2021. So, we request you to give us permission to conduct the programme.

Thanking you,

Yours faithfully

*K. Smita*



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**DEPARTMENT OF ENGLISH**

**Date: 03.02.2021**

It's here by informed that the Department of English is going to conduct Life skill development programme - titled 'How to be a Pessimistic person' through online mode on 05.02.2021. We cordially invite you all.

**Venue: Online**

**Time: 11.00.AM**

**Resource person: Dr.V.Deepa, Associate professor of English,**  
PRIST Deemed to be University

**Place: Thanjavur**

*K. Srinivas*

**HOD**

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*Devi*

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**DEPARTMENT OF ENGLISH**  
Cordially invites you for the

**Life Skill Development Programme-**  
**HOW TO BE A PESSIMISTIC PERSON**

on

**05.02.2021**

**Time: 11.00 AM**

**Venue: Online**

**RESOURCE PERSON**

**Dr.V.Deepa, Associate professor of English**  
**PRIST Deemed to be University**

**PRESIDENTIAL ADDRESS**

**Dr.L.Chinnappa, Dean of Arts and Science,**  
**PRIST Deemed to be University**

**With Warm Regards**  
**Head, Department of English**

*K. Anitha*

**HOD**

**Department of English**  
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*Dr. L. Chinnappa*

**Dean**  
**School of Arts & Science**  
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**SCHOOL OF ARTS AND SCIENCE**

**DEPARTMENT OF ENGLISH**

**Programme Name:** - Life Skill Development programme 'How to be a Pessimistic person'

**Programme Date:** 05.02.2021

**Time:** 11.00 AM

**Venue:** Online

**Dignitaries on Dais**

Dr. L. Chinnappa, Dean School of Arts and Science

Dr.V.Deepa, Associate professor of English, PRIST Deemed to be University

K.Shibila, Head the Department of English, Deemed to be University

**REPORT OF THE PROGRAMME:**

The programme began with the invocation followed by the welcome address by Dr.KShibila, Head the Department of English. Dr.V.Deepa, Associate professor of English PRIST Deemed to be University was the resource person. The programme intended to 'How to be a Pessimistic person' needs among students. Resource person brought out the session to the care of one's own body and include: washing, bowel and bladder management, dressing, eating, personal hygiene, grooming, and sleep. And he gave some tips to get started with self-care such as get regular exercise, eat healthy, make sleep a priority, try a relaxing activity, set goals and priorities, Practice gratitude, focus on positivity and stay connected. 168 students actively participated in the activities. Dr.N.Prema, Associate professor of English, Delivered vote of thanks.

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LIFE DEVELOPMENT PROGRAMME -  
HOW TO BE A PESSIMISTIC PERSON -2020 - 2021

ifn-oqaz-dny

People Information Activities

In call

- SUBARNA JAYARAMAN (You)
- NSS 21batch organisers Meeting host
- 141,SETTU M
- A KAVITHA
- A Yasotha Bharath
- Agilarasan K Mathematics
- ammu amuthan
- Annadurai Rajarathinam
- Arocia Hepzi
- ARUNKUMAR P
- ASWINI AZARIKA
- Aswini N

Several participants left the meeting

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People Information Activities

- Aswini N
- Balamurali Musuvathi
- Banumathi Indiran
- chockalingam meenakshi...
- det ct section section
- Dhayananthan S
- DINESHKUMAR S
- Dr Angeline Priya
- Dr R Jayasankar
- Dr. Elumalai S
- Dr. L. R. Charlot Sharmili j...
- Dr. M. Prabhakaran Vels ...
- Dr. Peer Mohamed
- Ravi Chandran left

*K. Arivela*

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